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ABSTRACT

This book is designed to illustrate learning for the whole person, including attending to spiritual, biological, intellectual, and emotional dimensions. It is expected that learners will discover the meaning of learning from the heart and teachers will learn how to develop their own such learning and then to explore ways that they can teach from the heart. The book is divided into two major sections. The first part, "Learning from the Heart,: includes five chapters. Chapter 1 explains why a new look at learning is needed; chapter 2 includes stories and an exercise on whole-person learning. In chapter 3 are stories and exercises to aid the discovery the meaning and importance of being fully alive. Chapter 4 is about cycles and spirals of life with exercises on searching for meaning and expressing creativity. Chapter 5 focuses on relationships, including an exercise on life cycles. The second part, "Teaching from the Heart," also contains five chapters. Establishing the core of the self is the subject of chapter 6. It includes exercises on examining personal beliefs and values and approaches for getting in touch with our hearts. Chapter 7 includes paradoxes of teaching from the heart and a credo for such teaching. Chapter 8 includes personal approaches for learning from the heart that teachers can encourage. These include concentration, relaxation, journal writing, reflection, and reclaiming our own truth. Chapter 9 focuses on the following group approaches for learning: drawing, using three-dimensional materials, sharing journals, listening to music, sharing outdoor experiences, and traveling on a mythical journey. The final chapter illustrates problems facing those who teach from the heart. The book contains 39 references and 44 suggestions for further reading. (KC)

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